

The Northern Osteopath,

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Contributions

The Passing of Drug Giving.

In the February 1, number of American Medicine is an article under the above caption by John Madden, M. D., of Milwaukee, Wis. While it is true the doctor believes that "the total abolition of drug giving" is still remote, he clearly sets forth an array of facts to demonstrate that "drug giving as a function of the physician is rapidly decreasing in importance." He says, "Each year sees more than one time-honored remedy become *limited in its use or else fall into complete desuetude*. A quarter of a century ago the student loaded the pages of his note book with complex formulas, each containing from two to ten different ingredients, to be cherished until the time should come when he would be a giver of drugs. These formulas were definite instruments that the fathers in the profession used to cure disease. Each disease had its treatment indicated in sets of formulas, some to be given if it ran an uncomplicated course, others to be given to meet complications and crises."

Hope of Specifics Disappointing.

The doctor next calls attention to the hope which grew up for specifics, that in time "each disease would have a sure remedy which would invariably cure." In quest of these remedies the three natural kingdoms were searched but the result was "only a few specifics among which were mercury and the bark of cinchona."

Germ Theory Upsets Old Remedies.

How completely the new discovery of the germ origin of disease served to overthrow a multitude of favorite prescriptions and to weaken faith in countless remedies, before highly prized, is shown by the following paragraph:

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"Investigations into the causes of disease, and the consequent discoveries, made necessary a recasting of therapeutic measures. These were modified and much simplified and a vast number of remedies, chiefly drugs, were allowed to fall into disuse. The discovery that most diseases are the result of some form of germ invasion practically left the profession without a single rational remedy for any disease excepting those for which specific remedies had been discovered. Rational treatment demanded a medicine which might be taken without harm to the human organism, and which would destroy the invading germs or make the poisons generated by them innocuous—a germicide or an antidote. Of remedies of this kind the profession was absolutely empty-handed, and therefore was compelled to continue treating disease as before, with drugs and baths to reduce temperature, with drugs to stimulate the action of the heart and measures to support nutrition. The discovery of the bacterial origin of disease nevertheless bred distrust in the efficiency of many drugs and led to a curtailment of their use. The establishment of the germ theory was of slow growth, extending over a period of twenty-five years or more; and just how much effect it had in diminishing drug giving by the profession can be learned only by comparing the remedies ordinarily used for the common febrile diseases twenty-five years ago with those used at the present time."

Something to be Hoped for in Anti-Toxins.

While admitting that the profession is still sadly lacking in rational remedies to cure disease, the doctor believes there is something to be hoped for in anti-toxins and points to the success that has been achieved in the treatment of diphtheria. He also refers to vaccination with kine pox as a protection against small pox and to the use of the rabic virus in treating persons bitten by rabid animals, by which he is led to hope for kindred methods in the treatment of other diseases. Even in this however, there is a measure of disappointment, for, he adds, "So far our hopes have not been realized and are not likely to be in anything like their full measure. Of the other anti-toxins which have been made, none has justified our expectations."

Must Not Take Too Much for Granted.

The writer next calls attention to the fact that too much should not be expected from inoculation of the lower animals with the hope of securing an anti-toxin identical with that in the human subject for the reason that "many of the germ diseases which afflict human beings are unknown

to the lower animals," diphtheria, small pox and rabies being exceptions to the rule.

Hope in Chemistry Long Deferred.

The next disappointment which claims attention is that of the long-deferred "hope that Chemistry will unlock the secrets of immunization" and by imitating nature build up in the laboratory the chemic bodies which will confer immunity. This has been a fond hope, but its realization still seems to be remote.

No Return to Polypharmacy.

Whatever this solution may be, or whenever it shall be made, it is quite certain that we shall never return to the polypharmacy of our fathers in the profession. We have given up the thought of discovering specifics as that term has been commonly used, and this means less drug giving; the half-empiric, always hopeful physician of two or three generations ago was willing to try a multitude of drugs in the hope of enriching the armamentarium by a single specific. We may seek other specifics, such as a universal germicide, which may be given safely; or one or many chemic antidotes for the toxins of disease; but the search for these will not increase the amount of drugs used. All will be tested in the laboratory before they are administered as medicines."

Use of Specifics Curtailed.

"In still other directions investigations are going on which may result in discoveries which will very much decrease the amount of drugs given. Take the case of our most important of specifics. No remedy, with possibly the single exception of opium and its derivative morphine, has been so extensively used as quinine. Not only has it been exhibited in cases of malarial fevers, for which it is a specific, but it has been generally given in febrile diseases. Recently its use in the latter has been largely curtailed; but unacclimated persons going to malarial lands take it with them, and whole armies going to tropics to campaign, take it in quantity as a very necessary part of their equipment. Now comes the investigator to say that all forms of malarial fever are due to the bite of the mosquito. Prevent the mosquito from biting humanity and there will be small use for quinine. Grains will suffice where pounds were necessary before.

"Has tuberculosis an unsuspected habitat, and is this also true of diphtheria, smallpox, scarlet fever and other bacterial diseases? Is it possible that many disease-producing germs develop in, and are dissem-

inated by, hitherto unsuspected agencies? If so, and these agencies are discovered, the use of medicines will be still further curtailed."

The More Exact Knowledge, the Fewer the Remedies.

"It is perfectly safe to state, as a general proposition, that the more exact our knowledge as to the cause of a disease, the fewer the remedies we will employ in treating it. The nearer we can strike an effective blow at the source of the disease the less will be our need for giving drugs, and if it be made possible for us to destroy these minute enemies of man before they can effect the invasion of the human body, we shall have no need of medicines at all to treat this class of diseases. Let us but consider the effects in this direction which have been wrought by the discovery that the mosquito is also the disseminator of yellow fever. petroleum to destroy the germ carrier, and mechanical appliances, such as wire and cloth mosquito-netting screens to protect the body from bites, will take the place of the unlimited pounds and gallons of drugs which were formerly used in every epidemic of this dreaded scourge. Just glance over the pages of any comprehensive Practice of Medicine, published fifteen or sixteen years ago, and note the drugs used in, or recommended for, yellow fever—emetics, purgatives, sudorifics, ipecac, castor-oil, calomel, the salines, jaborandi, mustard, quinin, as much as twenty grains at a single dose, with a half dram of tincture of opium; mucilages, linseed, slippery elm, gum arabic, opium, potassium bromid, chloral, external applications of ammonia, camphor and common salt, embrocations of turpentine, gelsemium, digitalis, aconite, veratrum viride, ergot, turpentine (internally), gallic acid, tincture of chlorid of iron, sodium bicarbonate, morphin, creasote, seltzer, appollinaris, champagne, chloroform and cantharides."

We have quoted thus at length from the above article, as it shows from a medical standpoint the tendency to the non-use of drugs, and non-drug therapeutics. We are not disposed to "sneer at the physician who relies upon drugs in the absence of other things," as the doctor says of the therapeutic nihilist, but we suggest that while the medical fraternity are themselves drifting away from the use of drugs, they ought not to be too ready to sneer at those who are studying Nature's methods of cure in the search for means that will further lessen the use of drugs, which, even from the doctor's standpoint, must at best be regarded as a necessary evil for which a rational substitute is ever to be welcomed. Osteopathy presents such a rational system of treatment for many forms of diseases and points with pride to the success it has achieved during its brief history.

J. A. S.

Twelfth Rib,

By C. W. Young, D. O., St. Paul, Minn.

Dr. M. E. Clark, in the American Journal of Osteopathy for January, 1902, has a most excellent article on the subject of the twelfth rib. The writer has found this rib down in the case of nearly every woman whom he has treated. Where the rib is at all long, its anterior end usually comes very close to the crest of the ilium instead of the distance of the thickness of two or three fingers, as it ought to be. It is usually very tender on palpation. A replacement of the rib with a cessation in the wearing of the garments that caused the trouble has cured or relieved cases of ovaritis, menstrual irregularities, pain in the side, constipation and other serious troubles.

The corset and dragging skirts cause the serious misplacements of the lower ribs. The fact that a corset is comparatively loose does not preclude it from accomplishing this result. The steel, whalebones, pasteboard and other stiff materials preclude that absolute freedom of motion around the waist line that a woman must have in order to be healthy.

In many cases the writer has found the quadrati and lower intercostales exceedingly flabby, with no tone or life in them.

A corset is supposed to make the waist line smaller, but it could not do this if there was no compression of the muscles or tissues whatever. In this connection the writer ventures the assertion that all corset wearers he has ever treated have inflamed ovaries, and he invariably finds impactions between the lower dorsal vertebrae, where the ovarian center is located. These impactions are caused by the rigidity and absence of motion in this part of the spine. The loosening of these impactions invariably lessens the ovarian inflammation.

The writer has found the following to be a simple and effective method for raising the twelfth rib: Suppose you wish to raise the left one. Place patient on stool, stand facing her right side with your limbs about eighteen inches apart, and your left limb bent somewhat at the knee. Bring your left arm around the back of the patient with your left hand reaching under the patient's left shoulder. Extend the right arm across the patient in front and place the index or middle finger, at a most convenient point, on the under side of the left twelfth rib. With the left arm draw and rotate the trunk of the patient back so that the weight rests on your left thigh, all the while securing a firmer hold under the rib which is thrown outwardly as the trunk is bent over your thigh. Then while rotating and lifting the trunk upward with the calf muscles of your left limb with the assistance of your left arm, pull the twelfth rib up with your right hand. This same kind of a movement can be used in raising all the lower ribs. Sometimes where a firmer hold can be had of the eleventh rib, the twelfth can be raised by raising the eleventh.

Exercise as a Prophylactic Measure in Osteopathic Colleges.

By Geo. H. Wood, June Class, 1903, S. C. O.

One to whom a large part of the osteopathic student body and profession are looking for guidance has said, "that it is a risky thing to rush into print these times." And at the hazard of incurring the searching criticism of our friends,

the enemy, and perhaps others, we venture to bring more prominently before our fraternity a subject which may be of immense importance to osteopathy.

In view of the modern advance of knowledge on practical subjects appertaining to the utility and vitality of everyday business affairs, and the rapid and universal growth of the athletic spirit in the United States, it seems as though it should be unnecessary to write an article urging more attention on the part of professional men engaged in restoring health to humanity (or, for that matter, even to the mass of the people), the need of the cultivation of physical development. But close observation will convince any one that there is a great neglect by most persons as to the establishment and maintenance of a well-balanced physique and mental stamina. Especially is this evidenced among the profession and student body, where it is not uncommon to see signs of a sluggish circulation in the pallid or blotched skin or excessive local deposit of adipose tissue or to see in the drawn countenance, hollow eye and feverish manner, proof of an overworked nervous system, or in the short breath and palpitating heart, a restricted vital capacity or aeration of blood, brought on by decreased chest measure, all of which conditions can be removed by scientific and systematic gymnastics discreetly employed in a regular manner.

This is not intended to encourage what Dr. George Moore has called mal-development; and although for those possessed of an extraordinary exuberance of vitality, it may be permitted to indulge in feats of strength and agility (if not allowed to grow into contests that unduly tax the powers and involve permanent injuries), yet it is not for them that we have written these words, but for those who have sat under lectures on hygiene and never thought of applying the rules except to some other person's anatomy; for those who have no real appreciation of a harmonious development and balance of the physical powers which will better fit their bodies for the ordinary pursuits of life and the extraordinary one of osteopathy. For those who lean to the general tendency of the human race, an antipathy to katabolic processes; who would rather make use of the law of "passive motion," wait for tangible evidence of derangements, enter the treating room and make some one else restore their health for them instead of getting and keeping it by their own efforts. The same influence that dominates the world, of wanting to get something for nothing; the same spirit of indolence that would send man to the bottomless pit if he did not make an effort to shake off the incubus. But we of the progressive element of society should not be influenced by the tendencies of stagnation, but ought to be in the front ranks in all fields of action, both mental and physical.

Osteopathic colleges should be in the van in athletics without an effort; for the fundamental groundwork of their treatment is a normal musculature.

It should not be necessary for us to elucidate to the osteopathic fraternity the application to this matter of 'Riggs' tenth osteopathic principle on oxidation; but it is one that we have most need to apply to our own persons.

There is no reason why the students of osteopathic colleges should not enter the field of their labors with a freshness of life, a buoyancy of action and a fine, healthy, presentable, and even beautiful and manly personality, which would be a recommendation of their business wherever they went, if they only spend a few minutes every day in physical development.

G. H. WOOD.

Sunshine and Osteopathy.

By Wm. Robert Pike, Sierra Madre (N. I. O.)

To the Editor: I don't know as you or any of your readers care to hear any "fairy tales" of California "sunshine;" still, after reading some of the good things written by Dr. Young about "buds and blossoms," "birds and joy," and *sunshine*, and all that sort of thing, it has put me in the mood of writing of the "sunshine" and the other things that go with it of this way off country.

The fame of the San Gabriel Valley has no doubt oft been told, and many yet to come will sing of it, and perhaps no one has more aptly described its beauties than the late Phillips Brooks, when he wrote:

"I wish you could see how beautiful this place is. It is not exactly like anything I ever saw before, though there is something of Italy, and something of India, and something of Syria about it. It is a world of vines and oranges, with palm trees here and there, the high hills and a few white peaks of the Sierra Nevada standing up behind. The flowers are gorgeous, masses of roses and hedges of calla lillies, all in bloom, honey-suckles and heliotropes growing up like the sides of houses. It is as good a fairyland as one can find anywhere in this poor world."

But go up into the foothills, say to an elevation of a thousand feet, as I have, and look out over this fertile and beautiful valley and you will agree, I think, with me that the grandeur and exquisite coloring of the view and the charm of this locality has never yet been adequately painted.

Immediately below you stretch the many thousand acres of the famed ranch of "Lucky Baldwin." Then and beyond throughout the whole valley you see the great masses of dark green of the orange, lemon and olive orchards, interspersed with the larger patches of the light and brilliant green of the grain fields. In all directions seemingly run the avenues of the tall and graceful eucalyptus, with here and there scattering groves of the live oak. Then still further beyond all this distinct coloring fades into soft greens and grays, with an occasional touch of warmer color given by the great fields of glorious golden poppies. And then above and beyond all this wonderful picture you see first the low hills rising in tiers and then against the blue sky, if you are looking east, the snow-clad peaks of the San Jacinto mountains and the higher peaks of the main range, or if looking west, over the red roofs of Pasadena, on the distant horizon appear the twin peaks of Santa Catalina of the gem islands of the Pacific. At your back rise the great mother mountains (Sierra Madre), five or six thousand feet above you, always impressive and commanding in their changing lights and shadows. Then remember that throughout all this great picture, always and ever, you are almost justified in saying there is a great flood of brilliant sunshine—life-giving, healing sunshine! You lie in your hammock and dream while health comes to you. You stroll through the orchards and fields and gather the fragrant blossoms or the ripened fruit, and health comes to you—comes to you in this wondrous light, this "sunshine"—sunshine, Nature's drugless cure! One is led to wonder why some effort has not been made before this to combine this "sunshine cure" with some of the man-invented "drugless cures." Think what a "home" would be, framed in this wonderful view of mountain and valley, and bathed in this wondrous light! For where in all the broad acres of Uncle Sam's domain can you duplicate this location, this color and this light!

The Relation of the Sulfates to the Urea in the Urine.

By G. A. Still, B. S., Chicago, Ill.

In making an analysis, whether it be qualitative or quantitative, any method which shortens the work is always acceptable, and although the inorganic salts are usually not considered in a urinalysis by the busy practitioner, yet it is interesting to note that one of them can be determined quantitatively along with the easiest of the organic compounds, urea.

The urea, having been estimated from the amount of nitrogen liberated in the ureometer, the sulfates can be estimated from this, since they bear a practically constant relation to the urea. This relation holds good both in health and disease. So, if we have a 10 per cent increase of urea, there is a corresponding 10 per cent increase of the sulfates. The reason is that the same causes which affect the amount of one, affect the amount of the other, both being derived from the same compounds the proteids, and although the proportion of sulphur in the different proteid molecules is much more variable than that of the nitrogen, yet in mixtures of proteids, as they are necessarily found in the food and body tissues, there is an approximately constant relation between the two and we find this relation whether we are dealing with the end products of proteid material taken in as food and immediately used, or those products derived from the body tissues during destructive metabolism in disease.

Muscular exertion is found to leave the sulfates unaffected, the same as the urea.

The sulfates are eliminated mostly as alkali earth sulfates, about one-thenth being in the form of etherial sulfates. The average of urea in one liter is given as 25.4 gms. and the sulfates, estimated as alkali earth sulfates, equal about 3.4 gms. (Hammarsten). This makes the proportion of the urea to the sulfates about 7.5 to 1, or the sulfates equal about 13 1-3 per cent of the urea. The following analyses are the result of a little personal investigation:

Mr. T., student on light diet—

Urea, 19.7 gms. per liter.

Sulfates, 2.58 gms. per liter.

Sulfates, 13.1 per cent urea.

Mr. S., student on heavy diet—

Urea, 36.4 gms. per liter.

Sulfates, 7.74 gms. per liter.

Sulfates, 13 per cent urea.

Mrs. N., convalescent pneumonia patient on heavy diet—

Urea, 32.2 gms. per liter.

Sulfates, 4.74 gms. per liter.

Sulfates, 12.6 per cent urea.

For all practical purposes, 13 per cent may be used, or to make it even, one-eighth.

Iowa State Osteopathic Law.

Following is the law in full:

Section 1. Any person holding a diploma from a legally incorporated school of osteopathy, recognized as of good standing by the Iowa Osteopathic Association, and wherein the course of study comprises a term of at least twenty (20) months, or four (4) terms of five (5) months each, in actual attendance at such

school, and which shall include instruction in the following branches, to-wit: Anatomy, including dissection of a full lateral half of the cadaver, physiology, chemistry, histology, pathology, genecology, obstetrics, and theory of osteopathy, and two full terms of practice of osteopathy, shall, upon the presentation of such diploma to the state board of medical examiners and satisfying such board that he is the legal holder thereof, be granted by such board an examination on the branches herein named (except upon the theory and practice of osteopathy until such time as there may be appointed an osteopathic physician on the state board of health and medical examiners). The fee for said examination, which shall accompany the application, shall be \$10 and the examination shall be conducted in the same manner, and at the same place and on the same date that physicians are examined, as prescribed by section 2576 of the code. The same general average shall be required as in cases of physicians; provided, that osteopaths who are graduates of legally incorporated schools of osteopathy as above recognized, and who are, at the time of the passage of this act, engaged in the practice of osteopathy in Iowa, shall be entitled to receive a certificate upon the payment of the prescribed fee without such examination. Upon passing a satisfactory examination as above prescribed, the said board of medical examiners shall issue a certificate to the applicant therefor, signed by the president and secretary of said board, which certificate shall authorize the holder thereof to practice osteopathy in the state of Iowa. This certificate when issued shall be registered with the recorder of the county in which the holder thereof resides and for which he shall pay a fee of 50c. And the holder thereof shall not be subject to the provisions of section 2580 of the code.

Section 2. The certificate provided for in the foregoing section shall not authorize the holder thereof to prescribe or use drugs in his practice, nor to perform major or operative surgery.

Section 3. The board of medical examiners may refuse to grant a certificate to any person otherwise qualified, who is not of good moral character. For like cause, or for incompetency, or habitual intoxication, or upon satisfactory evidence by affidavit or otherwise that a certificate had been granted upon false and fraudulent statements as to graduation or length of practice, the said board may revoke a certificate by an affirmative of at least five members of the board, which number shall include one or more members of the different schools of medicine represented in said board. After the revocation of a certificate, the holder thereof shall not practice osteopathy, surgery or obstetrics in the state.

Section 4. Any person who shall present to the board of medical examiners a fraudulent or false diploma, or one of which he is not the rightful owner, for the purpose of procuring a certificate as herein provided, or shall file, or attempt to file, with the recorder of any county in the state the certificate of another as his own; or who shall falsely personate any one to whom a certificate has been granted by such board, or shall practice osteopathy, surgery or obstetrics in the state without having first obtained and filed for record the certificate herein required, and who is not embraced in any of the exceptions contained in this chapter, or who continues to practice osteopathy, surgery or obstetrics after the revocation thereof, shall be fined not less than three hundred dollars (\$300), nor more than five hundred dollars (\$500) and costs of prosecution, and shall stand committed to the county jail until such fine is paid; and whoever shall file or attempt to file

with the recorder of any county in the state the certificate of another with the name of the party to whom it was granted or issued erased, and the claimant's name inserted, or shall file or attempt to file with the board of medical examiners any false or forged affidavit of identification, shall be guilty of forgery.

Section 5. Every person practicing osteopathy, obstetrics, or professing to treat, cure or heal diseases, ailment or injury by any osteopathic application or method, who goes from place to place, or from house to house, or by circulars, letters or advertisements solicits persons to meet him for professional treatment at places other than his office at the place of his residence, shall be considered an itinerant osteopath; and such itinerant osteopath shall, in addition to the certificate elsewhere provided for in this chapter, procure from the state board of medical examiners a license as an itinerant, for which he shall pay to the treasurer of state, for use of the state of Iowa, the sum of \$250 per annum. Upon payment of this sum the secretary shall issue to the applicant therefor a license to practice within the state as an itinerant osteopath, for one year from the date thereof. The board may, for satisfactory reasons, refuse to issue such license, or may cancel such license upon satisfactory evidence of incompetency or gross immorality.

Section 6. All acts and parts of acts in conflict herewith are hereby repealed.

Special Summer Course.

For Regular Graduate Osteopaths.

The Dr. S. S. Still College of Osteopathy, Des Moines, Iowa, will conduct a special post graduate polyclinic for three weeks, beginning July 7th and closing July 26th, 1902. This course has been arranged with some reluctance on the part of the faculty for the reason that after ten consecutive months of steady work in the college the professors would prefer to enjoy a vacation, but the requests have been so urgent and numerous from graduates of the various institutions of osteopathy that they may come to this institution for some special instruction and clinical experience along certain lines that the management has yielded to this demand and definitely decided to conduct this special course. Being free from all other college duties, the professors will give undivided attention to this summer school.

The course will include the following special work:

Osteopathic movements and manipulations, with daily clinics in a large variety of diseases, by Dr. H. W. Forbes. The institution has no occasion to speak fulsomely of the capacity of Dr. Forbes to impart instruction in this department, yet it is only fair to say that all those students who have come in contact with Dr. Forbes have pronounced him to be the master of his department. Studious, scholarly and scientific, he communicates that which the young graduate feels the greatest need to know. Indeed, a large number of the older and more experienced graduates seek his system of osteopathic manipulations because it gets results and because it is most appreciated by those who know most of it. Dr. Forbes will give special attention to diagnosis of obscure cases and has been particularly requested to give fully his system for diagnosis of dislocations, diseases of the hip, as well as for the reduction to the normal of costal lesions.

Special Gynecological and Obstetrical Clinics, by Dr. Ella D. Still. Dr. Ella D. Still has not only the advantage of her osteopathic college course and a num-

ber of years of professional work, both in the class room and in the infirmary department of this institution, but she is a graduate in her specialty under Dr. Byron Robinson and his talented wife, Dr. Lucy Waite Robinson. She has also given special attention to the theory and practice of orificial surgery, and together with those professors associated with her will daily demonstrate in the clinics the various gynecological diseases and their treatment. Her skill and success in these directions have given her a just fame which is rapidly extending nation wide, and we have had even during mid-term time experienced graduates come the distance of many states to get the advantage of her lectures and clinics in gynecology and obstetrics. We can assure the special pupil in this course only such obstetrical cases as come about in the natural course of our clinic practice. But if these continue as they are now presenting themselves, they will be ample for the needs of a good sized class.

Practical Dissection, by Dr. Lenora E. Carpenter. The rapid crystalization of the statutes of many states in such a way as to demand that the graduate of osteopathy shall have had the same full, thorough course in dissection that is required in the best medical colleges, makes it especially imperative on the part of many graduate osteopaths that they should have this instruction. Regardless of legal requirements, there is no scientific person but recognizes that dissection is the crowning feature of the thorough knowledge of human anatomy. There are no more favorable conditions under which to take dissection offered in any institution of the United States than those presented at Still College.

Dr. Carpenter is a graduate not only of osteopathy, but a graduate of Dr. Eckley's School of Anatomy, Chicago, with marked honors and distinction. She is thorough, practical and helpful in all the details of the work of dissection, and every student who has taken this work under her has spoken with satisfaction and even enthusiasm of it. To the graduate who has been some time out of college, dissection affords that actual and visible review of his anatomy which is most desirable and helpful. The new law of Iowa requires every applicant for a certificate to practice to have had a full lateral half or two quarters of dissection. One of these quarters of dissection, either an upper or a lower, will be included to each student in this special summer course, with the single condition that those first concluding their arrangements for it will be first served with the dissecting material, and we cannot guarantee to have material on hand for very tardy applicants.

X-Radiance, Fluoroscopic, Skiagraphic and Therapeutic, by A. B. Shaw. The rapid development of the X-ray as an auxiliary to the practice of the wide-awake and progressive osteopath has rendered it an absolute essential. During the past two years of daily experimentation and demonstration the X-ray has proven itself of be invaluable in the infirmary department of this institution. Not only has it enabled our staff physicians to correct diagnoses of diseased and dislocated hips and shoulders that have baffled the skill of practitioners of the various schools and has enabled them to determine the presence of gall-stones and of foreign bodies and to diagnose the presence of tuberculosis, but it has enabled the staff to palliate and to cure a large number and variety of skin, tubercular and cancerous maladies that have heretofore resisted every remedial agency. Every student of this special course will be made thoroughly capable of handling the static machine and the X-ray tube with safety and skill and confidence, and will be enabled to personally

diagnose clinic cases with the fluoroscope and by taking skiagraphic pictures and will be given personal experience in the application of the X-ray to the treatment of daily clinics, such as eczema, tinea versicolor, lupus, cancer and tuberculous growths. We have now in the clinic department cases of cancerous growths under such treatment in various stages, and the experience with these alone justify the business sacrifice necessary for every graduate to come for this special work.

Cost—A very low fee of \$15 will be charged for this special three weeks' course, including everything above outlined. Personal expenses of those participating may be confined to railroad fare, room and board. Good rooms can be obtained in the vicinity of the college for \$4 to \$5 for the course of three weeks' work, two occupying a room, as is customary. This will contemplate a room in a house with a bath and all modern conveniences. Table board may be obtained for \$2.75 to \$3.50 per week in the vicinity of the college.

There is no more delightful month in the city of Des Moines than the month of July, when the various parks, boating excursions and entertainments offer genuine outing and recreation. The Midland Chautauqua will be in session in the city at this time, offering at nominal cost the best lecture courses of America, modern scientific demonstrations, musical festivals, etc.

Matriculations for this course should be made as early as practicable. All correspondence will receive prompt attention. If you contemplate coming, please do not procrastinate, but write us at once, addressing A. B. Shaw, Secretary.

The Doctor's Story.

By Will M. Carleton.

[The following well-known verses of the Fireside Poet, are always in season.]

Deacon Rogers, he came to me:
 "Wife is a-goin' to die," said he.
 "Doctors great and doctors small
 Haven't improved her any at all.
 "Physic and blister, powders and pills,
 And nothing sure but the doctors' bills!
 "Twenty women with remedies new,
 Bother my wife the whole day through.
 "Sweet as honey or bitter as gall—
 Poor old woman, she takes 'em all.
 "Sour or sweet, whatever they choose—
 Poor old woman, she daren't refuse.
 "So she pleases whoe'er may call,
 An' Death is suited best of all.
 "Physic and blister, powder and pill!
 Bound to conquer and sure to kill!"
 Mrs. Rogers lay in her bed,
 Bandaged and blistered from foot to head;
 Blistered and bandaged from head to toe!
 Mrs. Rogers was very low.
 Bottle and saucer, spoon and cup,
 On the table stood bravely up.
 Physics of high and low degree:
 Calomel, catnip, boneset tea—

Everything a body could bear,
 Excepting light and water and air.
 I opened the blinds—the day was bright,—
 And God gave Mrs. Rogers some light.
 I opened the window—the day was fair,—
 And God gave Mrs. Rogers some air.
 Bottle and blisters, powders and pills,
 Catnip, boneset, syrups and squills,
 Drugs and medicines, high and low,
 I threw them as far as I could throw.
 “What are you doing!” my patient cried;
 “Frightening Death,” I coolly replied.
 “You are crazy!” a visitor said;
 I flung a bottle at his head.
 Deacon Rogers, he came to me;
 “Wife is a-gettin’ her health,” said he.
 “I really think she will worry through;
 She scolds me just as she used to do.
 “All the people have poohed an’ slurred,—
 All the neighbors have had their word.
 “’Twere better to perish, some of ’em say,
 Than to be cured in such an irregular way.”
 “Your wife,” said I, “had God’s good care,
 And His remedies, light and water and air.
 “All of the doctors, beyond a doubt,
 Couldn’t have cured Mrs. Rogers without.”
 The deacon smiled and bowed his head:
 “Then your bill is nothing,” he said.
 “God’s be the glory, as you say!
 God bless you, doctor! Good-day! good-day!”

Some Interesting Cases.

APPENDICITIS—Reported by C. W. Young, St. Paul, Minn.

February 12 an employe of the Northern Pacific Railway Company came to my office and told me that the company doctor told him he had appendicitis, and strongly urged him to go to Brainard for an operation. He had a sharp pain in the right side, most marked at a point midway between the anterior superior spine of the ilium and the umbilicus. He said that he had been troubled with this kind of pain more or less for the past two years, and that as much as two years ago, a doctor had told him he had appendicitis.

I found the caecum somewhat distended and marked tenderness over the entire length of the ascending colon and hepatic flexure. There was tenderness in the lower dorsal region of the spine, and the muscles in this region would throb on palpation.

I told the patient I thought his entire trouble could be eradicated without an operation, and that a removal of the appendix would not help the trouble in the ascending colon, in which I believed there was a great deal of catarrhal inflammation, as well as inflammation of the appendix.

I inhibited strongly in the lower dorsal region until the muscles began to

relax, especially between the eleventh and twelfth dorsal vertebrae. I then gently manipulated the abdomen, winding up with a movement accomplished by placing the left hand over the caecum with the fingers crowded down below the lower end thereof, and as the patient exhaled a deep breath, the colon was pulled upward, while the patient's right thigh was deeply flexed with the right hand. Thereafter the patient lived on a cold water diet for 60 hours, eating neither liquid or solid food. He took several injections of water, followed by a quart of olive oil. For several days I gave him a treatment once a day, followed by treatment every other days for six weeks. I paid particular attention to loosening the vertebrae in the lower dorsal region and correcting a posterior tendency. I instructed the patient how to poise himself by elevating his chest and throwing back his abdomen. He had been drawing his abdomen back as he inhaled, with a view of securing a great chest expansion. I taught him how to breathe. A week after first treatment he did some lifting and some pain in right side reappeared. I inhibited again in the lower dorsal region, and he said he felt as though a streak of hot air was moving through his abdomen. In this treatment the pain was entirely driven out and it has not since reappeared. He took another sixty-hour fast.

About two months after the first treatment, deep and forceful palpation showed a complete disappearance of all tenderness in the region of the appendix and ascending colon. The patient now has regular bowel movements and seems to be completely restored to health and is able to work hard every day without any inconvenience.

FOLLICULAR TONSILITIS—Reported by Carpenter & Carpenter, Chicago, Ill.

Chicago, Ill.—Follicular Tonsilitis. Mrs. F. R., Jr., came to office for treatment 3 p. m., April 19, 1902.

History.—Awoke Saturday morning feeling sick all over; had slight chill, severe headache, at base of brain and over eyes; sick at stomach; throat very sore. Day before had cleaned house and injured foot; bound it up with witchhazel. In the evening could not get shoe on, so wore a low slipper, leaving on the damp bandage, and went out on an errand and walked considerable distance in the cold wind. Had two attacks of throat trouble this spring, but not so severe; 3 p. m., pulse 98, temperature 101 degrees. Splitting headache; abdomen tender, especially over sigmoid; backache throughout lumbar and dorsal between shoulders and cervical; tonsils badly swollen, skin dry and hot.

Gave a thorough spinal treatment, also to tonsils; also to head and neck for fever, which relieved her very much. I told her to go home and go to bed. 8 p. m. husband called, said his wife was better until 6 p. m., when she began suffering, with temperature 102 3-5 degrees.

At 9 p. m. temperature 103 degrees. Gave thorough treatment, found sickness to stomach had not returned, since first treatment. Throat was quite sore. When I left patient was free from pain and resting comfortably. It was necessary to move her to another room, which caused a slight chill, after which she spent a very good night.

Sunday, 20th, 11 a. m., temperature 102 2-5 degrees; pulse 114. Throat not so sore, left side most tender. After treatment for general condition, bowels, etc., patient felt better, began to perspire.

5:30 p. m., temperature 103 2-5 degrees; after treatment, 104 4-5. Then gave enema, and thorough emptying of bowels, followed by a tepid sponge bath. Temperature at 7:30 p. m. was 103 4-5. Patient was somewhat delirious and quite exhausted, but began to feel much better in about 15 or 20 minutes.

9 p. m., temperature 103 2-5 degrees. Patient went to sleep and rested well until 6 a. m. Monday. 6 a. m., temperature 101 2-5 degrees, and said she felt as if she had been made all over.

8:45 a. m. Monday, temperature 99 2-5 degrees, gave thorough treatment as before; headache very slight, throat easy, little swelling of tonsils, back free from pain. Patient was seen at 8:45 Tuesday, pulse 74, temperature 98 degrees, and was all right without further treatment in about 65 hours after first treatment, with no return of the condition.

[Osteopathy handles all such cases as successfully if given properly and instructions implicitly followed by patient.—Ed.]

APPENDICITIS. Reported by P. T. Weir, D. O., Winterset, Iowa.

For several days Dr. W. C., of Winterset, lay suffering from an attack of appendicitis. A consultation was held by three of the physicians of Winterset, and they decided that patient had either appendicitis or an abscess "around the appendix;" that in either case he had only a few hours unless operated upon, and but little encouragement offered if operated upon, due to patient's weak condition. At this crisis I was called, and in thirty minutes' time gave patient entire relief. Much-needed and restful sleep followed. Now, ten days from the first treatment, there is but little soreness and patient walked about town with but little or no inconvenience.

Treatment:—First treatment, strong inhibition between 11th and 12th dorsal—nothing else. This treatment was given about 2:30 p. m. About 8 p. m. gave second treatment, same as first, probably unnecessary, as patient had not experienced a pain since first treatment. Next morning about 8 o'clock gave third treatment, same as first, probably unnecessary, as patient had slept soundly and was much refreshed, and as he said his abscess had evaporated. Could work deeply in right iliac, where patient could not endure the weight of my hand the day before. Also gave systemic treatment.

Six weeks ago I put same treatment to the test in a case which I did not report, with results equally satisfactory.

Reported by Dr. Frederick H. Williams, Lansing, Mich.

Bronchitis.—Little Clarence B., aged 10, has been troubled with a catarrhal bronchitis each autumn for three years. When first called, the condition had assumed the chronic type. Examination showed emphysema, a great deal of dyspnoea, persistent cough with muco-purulent expectoration. Microscope showed pus and epithelium in sputa.

First treatment gave the little patient a comfortable night's rest. In three weeks cough and other symptoms subsided.

Loss of voice.—Miss C., age 30, for two years had almost complete loss of voice, which was brought on by straining the voice while suffering from laryngitis. During these two years she was treated with the galvano-cautery, with silver nitrate, chromic acid, etc., without at any time regaining her normal voice. After being sent to various health resorts without benefit she decided to try the osteopathic treatment. In one month nearly the normal volume and tone of voice were brought back; in six weeks even the hoarseness disappeared.

Health Department.

Prejudice is knowing a thing isn't so, when you don't know anything about it.

DEFINITION OF HEALTH.

The Naturopath says, "Health is harmony. Nothing more, nothing less. That means, not animal strength, nor digestive tenacity; not nerve-force, not sex power, not mind-dominance, not spirit yearning, but adjustment, complete, lasting, perfect. It means the changing of conditions that evolved the wrong thought-habits anterior to body ills."

IGNORANCE.

Naturopath also says: "Disease is but the composite photograph of ignorance and fear, * * * Self-knowledge obliterates ignorance, self-rule annihilates fear. * * * If men know how simple and certain and beautiful a thing health is, and how its permeating, radiating, perpetuating power would thrill through their whole being, if given half a chance; if they knew that the material is but an expression of the ethereal, that every bodily condition originates in a mental state, and that no therapeutic regime is rational which disregards either condition or cause; if they knew that man's earthly span as an animal is 120 years, and as a God eternity, and that wrong living and wrong thinking have cut it down to 35—not hereditary, or contagion, or predisposition, or any other bogie-man plastered together by therapeutic jobbers; if they knew that such little things as whole wheat foods and fruits and nuts build physical health, while white flour, spices and animal fats kill it; if they knew that mental health is the conscious filling of one's destined sphere—if they knew these things, ignorance would die."

Dr. Young has made the two quotations above without comment, doubtless to stimulate discussion. Lest anyone may misunderstand this to be an unqualified endorsement, we venture this comment: "Disease is but the composite photograph of ignorance and fear," etc. There is some truth and value in this though, perhaps, though it is far short of the qualities of a definition. Since disease and death are as natural as birth and would be in the nature of physical things without regard to ignorance or fear. The subsequent expressions in the quotation are so permeated with the arrogance and bombast of self-sufficiency that, in the opinion of the editor, such expressions do more harm than good. "If men know how certain and simple and beautiful health is;"—beautiful, yes; certain and simple, no; not to any human being. The expression is simply too positive and far-reaching in its terms. Ignorance and mental condition affect health, but the shaking hand that writes of the simplicity and certainty of health will soon be beating a tattoo of travesty and sad burlesque on the editorial desk.—Editor-in-chief.

DEGENERATION OF AMERICANS.

Commenting in favor of Senator Mason's bill for a national physical culture department, Mr. Macfadden says in the April Physical Culture: "(1) The remarkable success of the United States as a nation has been due to the great vigor

of their people developed by pioneer life, in an invigorating climate, and by the inventive genius that is strongly encouraged by the necessities and opportunities found in nearly all new and fast growing communities.

"(2) The conditions which developed our hardy pioneers, and to which we owe our great success as a nation, are gradually disappearing, and our continual increase in population, notwithstanding this, has been due to immigration and to the farmers, not yet infected by the luxuries and excesses of our civilization.

"(3) But few descendants remain of the old pioneer Americans. They have gradually degenerated until the power of reproducing themselves has disappeared. The few old families who can trace their American ancestry back several generations usually possess nothing else of which they can boast.

"(4) The tendency of people at present is to mass themselves in vast centers of population, where from violated health laws, dissipation and excess, often committed through ignorance, they degenerate and die like flies in a trap. If the cities were not continually supplied with a vast inflow of human life, born and grown in the country, they would soon be depopulated. The average country-bred city family will not usually survive more than from two to four generations. How long will the country be able to supply this enormous demand upon the physical resources of its people? Not very long, when it is shown that many evils of the city life are gradually being spread to the country."

Is there nothing in these facts to alarm any thinking, patriotic American?

"The old-time Americans are not only degenerating—they are becoming extinct with startling rapidity."

Mr. Macfadden then quotes statistics, showing that many more babies were born of foreign-born parents in Massachusetts than of native-born parents in 1900, though the native-born population is more than double the foreign-born! The writer recently has had a gleam of these astounding truths coming to him from another quarter. He is acquainted with the membership of one of the oldest churches in the west, made up largely of native born Americans. The ratio of Sunday school scholars to church membership is very small, and a large per cent of scholars have foreign-born parents, who send them to the school as a matter of education. A native born family with more than three children is a very rare exception. There are quite a number of families with only one child, and he is usually weak and sickly. There are an equally large number who have no children at all. There is scarcely a member, young or old, with anything like exuberant health. This is becoming a very serious matter.

Let us wake up and ventilate.

Let us take more exercise.

Let us stop stuffing ourselves.

Let us breathe more air.

Let us take more exercise.

Let us drink more water.

Let us stop worrying.

Let us pay more attention to health and less to dollars.

PORK EATING.

This is an old and hackneyed subject. But the great mass of our people are not convinced of the truth. If they were they would not devour the flesh of swine. The great weight of authorities on dietetics, including the Ralstonites and Physical Culturists, condemn it. Pork more than any other meat is likely to

contain dangerous microbes. The hog is one of the laziest and filthiest animals on the face of the earth. All authorities agree that the flesh of carnivorous animals is to be avoided, and you cannot tell how much swill and butcher house leavings was devoured during the period of the filthy life of the hog you may be eating. Many of the hogs we eat are fed on the excreta of cattle, much to the profit of their owners. Pork observed through the gunshot opening in the famous stomach of Alix St. Martin, was found to require five hours for digestion, which is longer than is required for any other food. The Jews who eat no pork are one of the healthiest nations on the face of the earth, and they are largely free from some of the diseases that commonly afflict other nationalities. However, the writer believes that the "proof of the pudding is in the eating," and if by practical tests pork was shown to be a nourishing and healthful food, he would say nothing against it, though its flesh was as putrid as carrion. But he has seen very few who eat pork to a large extent who have clear complexions and who have no swine-like characteristics. He personally knows of many persons whose stomachs feel like lead after eating pork, and others who are sure to become sick after a few meals of this kind of food. It is possible that one who is laboring hard all day in the open air may take enough oxygen in his system to consume all the impurities of hog meat, but this is doubtful. Certain it is that one in a sedentary occupation should let pork alone. We have trouble enough to keep ourselves fortified against unseen perils and hidden microbes to make it wise for us to let certain known dangers alone. There is plenty of other food that is cheap, wholesome and delightful to the taste. Never eat pork.

VENTILATION.

Early this spring, on a moderately warm day, we took a walk on Summit avenue in St. Paul, and we were amazed to observe nearly every window closed. There was in particular one large steam-heated building containing 16 separate flats where there were only about a half dozen opened windows out of about three hundred, and these looked as though they opened into hallways or servants' bedrooms. We walked clear around the building to see how much fresh air could get in. Of the seventy windows on the front end, not a single one was opened to any extent, and none on either side until the rear half was reached. Only a vigorous, healthy man who has lived in steam-heated apartments, can realize how stifling is the atmosphere when warm weather begins to come. Children's faces were seen staring vacantly through the windows, and they all looked pale and bloodless. Just as we were leaving the building a large woman stepped from a closed carriage and passed into the flat. She wore winter clothing of the heaviest type. She walked hurriedly, as though the momentary presence of fresh air was a source of great danger, and while she passed over the sidewalk she emitted several bronchial hacking coughs. Bronchitis, like any other disease, is a struggle to rid the body of impurities. It is impurity caused by breathing foul air and over-eating that causes colds. Let us wake up and ventilate.

MENTAL HYGIENE.

No treatise on health is complete without a discussion of the subject of mind. One might act wisely as to eating, sleeping, exercising, breathing, etc., and yet be seriously ill for want of proper thoughts. Fear, worry, despair, envy, unrequited love, jealousy, hate and anger, tend to undermine health, while joy, hope, love, faith and courage build it up. No doctor has completely mastered his art,

where he has not known how to fill the mind of his patient with healthful thoughts, thereby having the aid of right mental attitude as well as driving out destructive thought. George H. Taylor, M. D., says: "The ordinary practice of medicine inculcates the notion that the business of the physician is simply to endeavor to supply and regulate certain material conditions, by means of pill and powder, and that when that is accomplished, all has been done that lies within the limits of human ability." This notion is certainly a false one. But a mastery of the art of directing mind forces requires much study, attention and practice.

CHRISTIAN SCIENCE.

Our friends, the Christian Scientists, have built a clumsy scaffold by means of which they sometimes have succeeded in climbing to a point from which they could relieve many a suffering mind, a feat which many of their detractors in the healing art signally have failed to accomplish. Many doctors say Oh! yes! we understand all that—the mind is very important, but they don't do anything about it. Take a woman who is sick a bed with positive bodily diseases that are not in any way imaginary, resulting from lack of nourishment, caused by failure of assimilation, due to constant worrying over the fact that her husband is a drunkard, and that poverty is rapidly approaching. After the poisonous drugs have done their worst and the woman still continues to suffer, the doctor having a faint realization of the cause of the disease, is likely to say in his severest and sternest tones: "Madam, you are worrying altogether too much." This kind of treatment for pathological mental conditions is worse than useless. It may cause the woman to worry and fear the more, when she is made to realize that her unhappy environment, from which she cannot get away, is the cause of her sickness, or the statement of her doctor may be taken as a reproach which fills her soul with resentment as she feels that she is in no way to blame for her trouble, and that she has been making a most praiseworthy struggle to live aright in the midst of most disheartening surroundings, and resentment is just as sure to injure digestion as worry. There is a well recorded case of a woman who was sick as above described. A Christian Scientist treated her. She talked kindly with her for an hour at a time, day after day, and told her that there was no such a thing as disease or evil or sin, and that her husband was created perfect, and that he was perfect, and that her ideas about the world's going wrong arose from erroneous beliefs. These strange statements, absurd as they may appear to everyone on first hearing them, aroused the sick woman's attention. They contained no reproach, and notwithstanding their apparent absurdity, they brought a ray of hope. She was too weak and sick to reason against the kindly speaker. The same statements were repeated over and over again until they became fixed in the patient's mind. She had been killing herself by constantly dwelling on the evil of her surroundings. When the thought that there was no evil began to fill her mind, anxiety and worry began to vanish, and the power of brain and nerves began to be free for the work of digesting and assimilating food. In a few weeks she arose from her bed, and in a few months she was completely restored to health.

Great scientists say there is no such a thing as sound if there is no ear to hear it, and maybe they will some time claim that there is no evil if there is no brain to conceive it. For many disease of the ear, a plug is inserted to shut off sound that is injurious. We think it equally commendable to lead a mind away

from worrying about the evil, where such worrying is injurious, though as osteopaths, we think this can be done more effectually without use of absurdities now employed by Christian Scientists. However, there is quite a growing school of philosophers who think that evil is merely absence of good. It is barely possible that the astonishing denials of Christian Science are not so utterly absurd as many of us have thought. It was an error for the patient above described to kill herself by thinking of the evil around her, or of exercising her belief in evil. Again, the existence of a harsh, discordant noise in a certain place may be true, but if it injures us, it is wise to refuse to listen to it. Just so if evil does exist, it is wise for us to refuse to pay any attention to it, if such attention injures us and we are unable to destroy the evil.

The Editor's Own.

Honorable Recognition.

Osteopathic legislation is taking on more definite and permanent form, as indicated by the recent bills before the Ohio and Iowa legislative bodies. In Iowa osteopathy is placed on practically the same footing as the older systems of practice, and that by concurrence of the older schools, which is significant in that it means a cessation of hostilities along legislative lines within the state. It means that osteopaths are to be given a certificate to practice as other physicians; that hereafter osteopaths are to take the examinations in the studies common to all schools at the same time and place, and on the same terms as other schools, also upon the subjects of Theory and Practice of Osteopathy, but not upon Materia Medica. It means that they will also have a member upon the State Board of Medical Examiners—in short, that in every way they will receive full recognition before the law. It also means that those who pretend to be osteopaths and are not, shall be confronted with the same restraint and penalties as those who pretend to be medical doctors and are not, which is a wholesome provision, recognized alike by the osteopaths and the medical men. It also speaks well for the equipment of the new school and the thoroughness of their work, that for all branches pursued in common with the older schools, they are to be put on the same footing, and will meet the same requirements.

Another feature in the attitude of the osteopaths and medics which seems to be more and more in evidence of late, is the fact that the common courtesies of the profession are more freely extended and reciprocated than formerly; that while there are some radical differences between the schools as to the prominence given to certain methods on the one hand, and the reduction of certain others to the minimum or to the negative side, on the other hand, that yet the success attending the respective systems and whatever of merits (or demerits) there are in each, they are at least deserving of courteous consideration, and nothing is to be gained by hurling epithets or denunciations at opposing creeds in medicine, any more than at opposing creeds in religion. While proper discussion and criticism are always legitimate, there is nothing that tends more to sicken and disgust than petty rivalries and unseemly slurs on those who are of a different belief.

While this magazine shall ever seek to be recognized as a defender and ex-

ponent of osteopathic principles, it desires not only to announce its own course but to kindly suggest to all contributors that a dignified and courteous treatment of those who differ from us will be most acceptable and more in accordance with the true scientific spirit which should animate everyone who has the welfare of the new system at heart.

Another word we trust will not be amiss to contributors for our Department of Interesting Cases. We have frequently urged that these reports shall be at once concise and yet sufficiently explicit to give the essential points of diagnosis and of treatment. While it might in some instances serve the purposes of the one who is reporting simply to convince the people that he is performing wonderful cures and by using the magazine as an advertising medium seek to increase his practice, this is not the true intent of these reports. To have a scientific value to the profession, they should be specific and accurate. Such reports with thinking people will go farther in bringing conviction and giving a proper estimate of the physician than the "patent medicine style" of flaming announcements. We congratulate ourselves and our contributors in general upon the excellent character of the reports that have come to us in the past, but we need more of this character to make our case department a prominent feature of every issue. To do this there should be an abundance of good material always on hand, and there will be the less necessity for using reports of an undesirable character. We appeal to you in the field to help us to raise the standard, by sending us your carefully prepared reports, and in return you will reap the benefits of an exchange which we trust will fully repay you for your pains.

Brings Its Own Reward.

A graduate writes from the field: "It is a real pleasure to practice osteopathy." Such we believe will be the verdict of every one who does thorough and conscientious work in college, and who goes into the field not merely for gain but to relieve suffering. It is a real pleasure to study osteopathy, when undertaken in the right spirit; it is a greater pleasure to apply the knowledge thus acquired and to see the results which follow the application of these principles in the healing art. Osteopathy is in line with Nature's most approved methods, but it is only the student of the most liberal attainments and who has most thoroughly mastered the details of the science, and who enters the field still feeling the vastness of the work and the necessity of constant and conscientious study of every case, and everything which will broaden his conception and further qualify him for efficient service who will have the highest satisfaction in the practice of his profession. To such an one there is not only the satisfaction of relieving the physical sufferings of those about him, but there is the satisfaction which comes from the consciousness of work well done.

Osteopathy in Utah.

From an article in the Salt Lake City Tribune of April 13, entitled "Osteopathy and Arrest," it is evident that about the same drama is being played in that state that has been enacted in various other states from time to time. The people of Utah are beginning to realize that "They that have turned the world upside down have come hither also." There is the same indefinite knowledge on the part of many as to what the new system is, the same disposition on the

part of some to accept and others to oppose, the same initial steps as to arrests for "practicing medicine without license," the same test cases to determine the status of the osteopaths, and doubtless in the end will wind up in the legislature, where the standing of the new school must ultimately be fixed by legislative enactment.

It seems, according to the Tribune, that two osteopaths were recently convicted at Provo City and fined "for practicing medicine without license," and that they have appealed the case to the district court. It does not state as to whether they were graduates of a regular osteopathic school or not, and this seems not to be important at this stage of the proceedings. The question now is simply as to whether the practice of osteopathy is the practice of medicine in the meaning of the law, and whether the osteopaths are amenable under the existing legislation for practicing without license. The osteopaths of the state, however, are anxious to have their point settled, and according to the Tribune, "the Salt Lake City practitioners are planning to have themselves arrested in order to bring a test case in the courts. It further states that they have retained the firm of Powers, Straupp & Lippman to conduct the defense, and that District Attorney Eichner, although somewhat of an osteopath himself, has kindly consented to prosecute."

The justification of the osteopaths for practicing in those states where the new system has not yet been recognized by legal enactment, is that inasmuch as they do not administer medicine, their practice is not a violation of the law which forbids the practice of medicine without license, that their system is rational and beneficial and should be given a fair chance to prove its merits until such time as the attention of the legislature can be secured and a recognition of the new system be obtained by authorizing the graduates of recognized osteopathic schools to practice. Ultimately it is the expectation of the osteopaths in every state to be placed on the same legal footing as the older schools. They expect to register their diplomas and to pass their examinations when required, but in the meantime, where no provision is made for them, and where evidently they were not contemplated in the penalties of existing laws which, therefore, do not apply to them, they hold it is their privilege to practice without interference, and in many states where test cases have been brought, their right to practice has been fully vindicated. It is a well known fact that osteopaths are practicing in practically every state in the union, either under laws which have given them specific recognition, or by decision of the courts in their favor as to existing statutes, or in some instances as in Utah, where the matter has not yet been presented to the legislature or the courts.

We refer our friends in Utah to the following states which have so far given osteopathy recognition by special legislative enactment: Vermont, Missouri, North Dakota, Michigan, Iowa, South Dakota, Illinois, Tennessee, Ohio, California, Montana, Kansas, Nebraska, Indiana, Wisconsin and Connecticut.

The laws of the several states have been published in this magazine from time to time, and we especially call attention to the new law which was recently enacted in the state of Iowa by a vote of 35 to 3 in the senate, and 77 to 0 in the house, the text of which is given in full in the current issue of this magazine.

According to recent reports, it seems that the mosquito will have to share the honors (?) of carrying malaria with another parasite, which is equally industrious in an evil cause. The discovery is made by one of the assistants of the Liverpool School of Tropical Medicine, now at work on the west coast of Africa. The new disease-bearer resembles the insect which causes "fly disease" among the horses in South Africa.

American Osteopathic Association.

A communication from Dr. Irene Harwood, Secretary of the A. O. A., announces that the Board of Trustees of the American Osteopathic Association has decided upon Aug. 6th, 7th and 8th as the time for the annual meeting of the association, to be held this year in Milwaukee. In compliance with the request of the secretary, we are pleased to make the announcement and to urge upon our readers the importance of attending these meetings. The secretary informs us that everything points this year to a larger and more enthusiastic meeting than any that have yet been held.

Governor Cummins, of Iowa.

We are pleased to give this month, as a frontispiece, a portrait of the governor of Iowa, whose signature made the recent bill regulating the practice of osteopathy in this state a law. Governor Cummins has been fair and friendly toward the practice of osteopathy from its foundation in Iowa. Indeed, he has suffered some persecution by reason of this position of fairness which he assumed. It is with regret, the editors must say, that the known attitude of Mr. Cummins on this subject was one of several obstacles, any one of which being removed, would have elected him as United States senator two years ago. That is to say, his candidate for speaker received within one or two votes of enough to have elected him, and while it is true that any one of a number of conditions or arguments would have been sufficient to have gained these votes, at least two were withheld by M. D.'s who were members of the legislature because he would not lower the standard of his manhood by pledging himself to these medical men to help smother osteopathy in Iowa. Without going into details, these are the broad facts, but no one has ever heard an expression of regret or disappointment on the part of Mr. Cummins. He is not a man with any office-seeking mania, but accepts the positions of trust which come to him only when they come in line with his ideas of personal usefulness to the world and to his people. It is not improbable that the osteopathic friends and appreciators of Governor Cummins have suffered more chagrin and disappointment that their school of practice was an obstacle to the greater usefulness of that gentleman than he himself has experienced. He is a man of so great usefulness to this epoch that it is among the reasonable things that he may be expected to occupy a position in the highest councils of the nation.

From the Field.

Osteopathy in Ohio.

The bill introduced by Representative Brown, of Paulding, which passed the House some time ago by an almost unanimous vote, has also passed the Senate, and has become a law. It provides for an osteopathic committee of three to be appointed by the state board of medical examiners, on the recommendation of the Ohio Osteopathic Association. All osteopaths who are practicing osteopathy in Ohio and who hold recognized diplomas, are to be licensed without examination, but must pay a fee of five dollars. All others who have recognized diplomas and pass examination must pay \$25. The examination is to be in part before the osteopathic committee on the subjects of pathology, physiological chemistry, gynecology, minor surgery, osteopathic diagnosis, and the principles and practice of osteopathy. The remainder of the examination will be before the regular medical board on the subjects of anatomy, physiology, obstetrics and physical diagnosis. There is a provision, however, that the payment of a fifty-dollar fee by an osteopathic college diploma holder and the recommendation of the osteopathic committee will secure license without examination to one who has been engaged in the practice in any other state for five years.

A Worthy Treatise.

A very timely treatise on small-pox, to sell at \$3, is announced for publication early in April by J. B. Lippincott Company. It is written by Dr. George Henry Fox, professor of dermatology in the College of Physicians and Surgeons, New York city, with the collaboration of Drs. S. Dana Hubbard, Sigmund Pollitzer and John H. Huddleston, all of whom are officials of the health department of New York city and have

had unusual opportunities for the study and treatment of this disease during the present epidemic.

The work is to be in atlas form, similar to Fox's Photographic Atlas of Skin Diseases, published by the same house. A strong feature of the work will be its illustrations, reproduced from recent photographs, the major portion of which will be so colored as to give a very faithful representation of typical cases of variola in the successive stages of the disease, also unusual phases of variola, vaccinia, varicella, and diseases with which smallpox is liable to be confounded. These illustrations number thirty-seven, and will be grouped into ten colored plates, $9\frac{1}{2} \times 10\frac{1}{4}$ inches, and six black and white photographic plates.

The names of Dr. Fox and his associates assure the excellence of the work, in which will be described the symptoms, course of the disease, characteristic points of diagnosis, and most approved methods of treatment.

Smallpox.

The Arena for April contains an exceedingly instructive account of the stamping out of smallpox in the city of Cleveland. This was done with astounding success by Dr. Martin Frederick, not by vaccination, but by sanitation. He says "vaccination had given us many untoward symptoms. Frequently it did not 'take' at all. One-fourth of all cases developed sepsis instead of vaccina. Some arms swelled clear down to the wrist joint, with pieces of flesh as big as a silver dollar and twice as thick dropping right out, leaving an ugly suppurating wound, which to heal took many cases over three months. Finally four cases of tetanus developed after vaccination."

A Word of Praise.

The following is a letter written to S. S. Still College of Osteopathy, unsolic-

itedly, by a patient of Dr. McAlpin.

"Maxwell, Ia., Feb. 22, 1902.

"Col. A. B. Shaw, Still College of Osteopathy, Des Moines, Ia.

"Dear Sir:—My son Nelson was treated for nervousness and heart trouble by several of our best allopath doctors, but received little or no benefit.

"He was advised by friends to take treatment of Dr. McAlpin, osteopathic physician of Boone. I reluctantly consented for him to try the, to me, unknown science. I was brought up to believe that in drugs was found the only panacea for the ills of man.

"Dr. McAlpin diagnosed my son's trouble as exophthalmic goitre. He was much benefited by the treatments and came home to spend the holidays. He caught cold which developed into a severe case of pneumonia. We called in our long trusted and much respected family physician. He exhausted all the skill along his line of practice and my son grew steadily worse.

"The doctor finally told us our son's condition was most serious, and it would be no surprise to him if he would be no more twelve hours hence. The news was no surprise to us, either, weak as he was, with temperature 105 degrees, respiration 50, and pulse too fast to count.

"We asked our doctor what he thought about our sending for Dr. McAlpin, osteopathic physician, of Boone, Ia., some forty miles away. As Nelson in his wanderings would speak his name, my wife thought maybe osteopathic treatment might help him. The doctor said send for him by all means. I telephoned Dr. McAlpin of our boy's condition and he came at once. To our grateful surprise in three hours Nelson rested easy and slept the first for sixty hours. The dreaded disease soon yielded under osteopathic treatment, and our boy is now up and about, and will soon be as well as usual.

"I was a member of the 27th and 28th general assembly of Iowa, and did not consider the requests of the then child osteopathy with much favor, but now believe the lad is nearing manhood and will soon be better understood and be able to do successful battle against staunch destroyer drugs.

"Yours most sincerely,

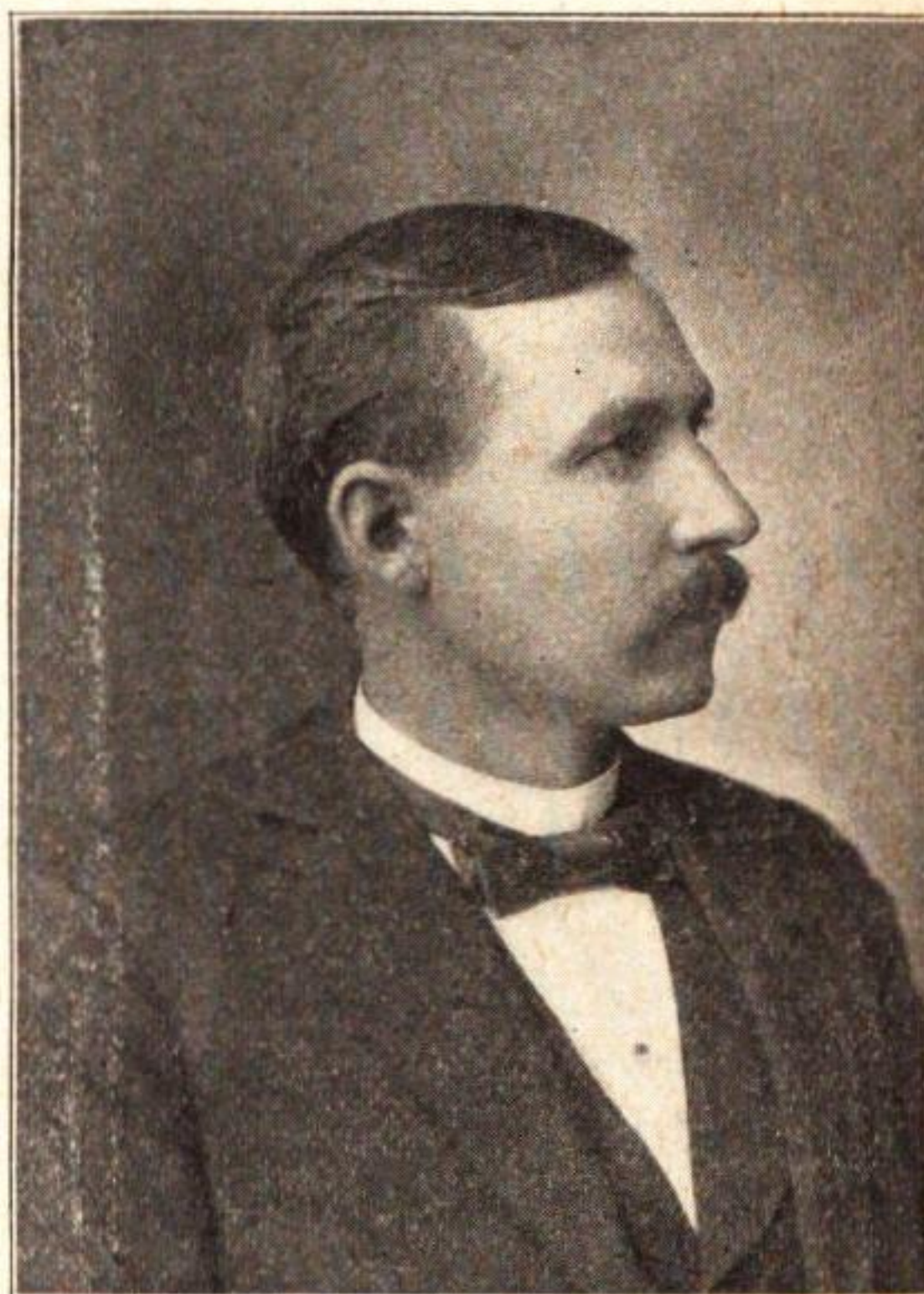
"W. J. Veneman,

"Ex-Representative Story County."

Osteopaths are Coming.

Town Talk, San Francisco, Cal., issue, April 5, 1902, says:

The vogue of osteopathy is become more pronounced every day, and its devotees now include some of the most prominent and cultured people in the country. The State Association of Osteopaths is to meet in August, and there will be fully three hundred exponents of the science in attendance. The San Francisco Osteopathic Association met at the California College of Osteopathy and elected Dr. A. C. Moore, of 204 Sutter street, President; Dr. A. G. Madden, Vice-President, and Dr. C. S. Richards, Secretary and Treasurer.—



The Late Dr. H. E. Patterson.

Death of Dr. H. E. Patterson.

The sad news comes to us of the death of Dr. H. E. Patterson, formerly secretary of the American School of Osteopathy, and of late one of the prominent practitioners of the east, identified

with Patterson Institute of Osteopathy, Washington, D. C.; also one of the trustees of the National Association at the time of his death. The sympathy of the profession throughout America goes to the bereaved wife. The following notice appeared in a recent issue of the *Kirksville Journal*:

"Mr. E. M. Patterson received a telegram today announcing the death of Dr. H. E. Patterson, of Washington, D. C. The news came as a shock to the host of friends here, where Dr Patterson is so widely and favorably known. The intimate friends here knew that he was not in the best of health, and that he contemplated closing his office in Washington for the summer and going to the mountains to recuperate, but no anxiety was felt until late yesterday evening when a telegram announced his serious condition, followed this morning by one announcing his death. The funeral services and interment will take place at Washington, D. C., Saturday, April 12."

Minnesota Osteopathic Association.

On Friday evening, April 11, 1902, was held a meeting of the Minnesota State Osteopathic Association, Dr. G. L. Huntington presiding.

Dr. H. Clay Camp reported on behalf of committee to determine advantages and cost of having the association incorporated. He argued that an incorporated body became a distinct entity and would be regarded with more respect than an association. He referred to Dr. Dain L. Tasker's letter stating that the incorporation of the California association gave a certain dignity and cohesiveness that seemed to convey the impression that persons acting for it in dealing with strangers represented an official organization, and that their statements were of a responsible character.

Dr. Camp thought the incorporation of the association would assist in securing needed legislation and would enable the law-makers to recognize the association by charging it with the execution of certain provisions of the law, such as selecting the board of examiners. He then had read to the association proposed articles of incorporation that Samuel L. Baker, attorney at law of Minneapolis, had been so kind as to

prepare.

The cost of incorporating a body not for pecuniary profit was shown to be a comparatively small sum.

It was voted that the association become incorporated, and that the trustees of the association should sign the articles as incorporators. Inasmuch as St. Paul is the state capital, it was voted, on motion of a Minneapolis member of the association, to have the home of the association in St. Paul.

Dr. Young led a discussion of the subject of exercise, and active movements for therapeutic purposes.

Voted that the second Friday in May be the last meeting of the association until September. The invitation of Dr. Smith to have the meeting at his office in the Medical block, Minneapolis, was accepted. Dr. Gerrish will read a paper at this meeting on the subject of "Physical Culture."

Iowa Osteopathic Association.

The Iowa Osteopathic Association will meet at the Still College of Osteopathy, Des Moines, Iowa, June 25 and 26. An interesting program is expected and a full attendance desired. The program will be announced later.

Washington Osteopaths' Annual Meeting.

At the recent meeting of the Washington State Osteopathic Association, the following officers were elected:

President, Wm. Snell, D. O., Tacoma, Wash.

Vice-President, Grace M. Nichols, D. O., Spokane, Wash.

Treasurer, Wm. A. Potter, D. O., Seattle, Wash.

Secretary, F. J. Feidler, D. O., Seattle, Wash.

Another attempt will be made to pass an osteopathic bill at the next legislature.

Respectfully,

F. J. Feidler, D. O.

Dr. Mossman, an A. S. O. student, made the Still college a pleasant call recently, while en route from his home at Chardon, Neb. The college has also enjoyed pleasant visits from Mr. Frank Fitzgerald and Miss Gladdis Armor, of the senior class of Kirksville.

Still College Notes.

Hon. John A. T. Hull, chairman of the military committee of the National House of Representatives, recently addressed the students of the Still College at their chapel exercises, and expressed surprise at the wonderful development of the osteopathic institution which had grown up in his home city.

One of our best equipped graduates, who has offices in one of the large office buildings of Chicago, writes: "I examined a patient today who was advised to try osteopathic treatments by an old school physician whom I consider to be the most prominent surgeon in this country and possibly in the world. It is a very interesting case, and I think I can do a great deal for it." This is not an uncommon experience. The best and most advanced physicians and surgeons of the old school are the quickest to recognize the merits of the osteopathic system of practice, because they are best fitted to recognize its scientific character.

Dr. F. A. Wright, of the firm of Drs. Wright & Oium, osteopathic physicians of Oshkosh, Wis., is completing his course at Still College this term. Dr. Wright withdrew from a practice of a thousand dollars a month to complete his course in this institution. He had previously the degrees of M. D. and D. O., but is one of those men who is not satisfied until he has the best. The doctor is accompanied by Mrs. Wright and Master Warren, who will spend the spring months in Des Moines.

Dr. Cora L. Hillabrant, one of the Still College graduates, who is making a splendid success of her practice, has changed her office to 608 Park place, Elmira, N. Y. She writes that her practice is steadily increasing. She has been enjoying an enviable practice for some time.

Mr. Herter Goes Home.

Grinnell Herald: "C. J. Herter returned from Des Moines Tuesday a new man physically. It will be remembered that after a severe illness with typhoid fever last summer he suffered a relapse and an injury to his back from going to work too soon, which threatened to permanently disable him. About three months ago he entered the infirmary of the S. S. Still College of Osteopathy,

Des Moines, where he has been under treatment ever since. He will receive the congratulations of his many friends upon his restoration to health."

Still College Athletics.

In athletics the college promises to make a better showing than ever before, and judging from the interest manifested and the number of men out for honors, we will surprise some of our competitors.

The track work promises unusually good results, and under the management of Mr. Chas. F. Peters and training of Capt. W. H. Arnold, the track team is making fine progress.

Arnold, Peters, Jaquiss, Bates, Parish, McReynolds, Kinley and Gaddis have been training daily, while Best, Wallace, Connor, Conway, Longwell and Johnson will also train from now on.

The Home Field Meet, scheduled for May 10, is exciting much interest, it being an interclass meet. The class winning the largest number of points receives a championship banner.

One of the special events will be a ladies' nail driving contest, the winner of which will receive a silver medal.

The Still track team will meet that of Penn College, May 31, on the home grounds, and we expect our team to accomplish great things at this time, and have no fear of being disappointed.

The Student Volunteers.

The delegates which the Still College Y. M. C. A. and Y. W. C. A. sent to the great convention at Toronto of the Student Volunteer Movement for Foreign Missions, returned full of enthusiasm. Two meetings have been held of those particularly interested, and an S. C. O. volunteer band has been organized, with Miss Emma S. Cooper as leader; A. H. Gleason, secretary. There were already five volunteers in the college, but with the new members the band numbers about twelve. A mission study class has been inaugurated and meetings are held bi-weekly.

Personals.

Dr. D. B. Macauley, 715 Tacoma Bldg., Chicago, Ill., is absent from his office three days in the week, and would like an osteopathic tenant for those days. This would seem a good opportunity to the right person.

Dr. J. H. Osborn, D. O., formerly of St. Joseph, Mo., has located at Carroll, Ia.

Dr. Carrie B. Collier, who was recently visiting in San Francisco, has returned to Clarinda, Ia., with her mother, who has been in feeble health.

Dr. Ida F. Rosencrans, of Kalispel, Mont., has established herself in a fine practice in that city. Our physicians in the west flourish as do those of the east.

Dr. S. W. Bailey, of the June, 1901, class at S. C. O., is now nicely located at Coshocton, O., with a good practice and excellent prospects for the future.

Dr. W. H. Jones, of Detroit, Mich., was united in marriage to Miss Gertrude Bray, of Adrian, Mich., on the 12th of February, 1902.

Mrs. Cushing, of the senior class S. C. O., is enjoying a pleasant visit from her husband, Mr. E. G. Cushing, of Chicago, who is recuperating from a serious illness.

Dr. Boylan of the class of 1901, The Northern College, who settled in Minneapolis, has won for himself a fine practice. He is a man who wins on his merit, and therefore deserves success.

Dr. Elber Storer, of Chillicothe, Mo., visited the college April 21, with a patient for an X-ray examination of a diseased hip. Dr. Storer is enjoying a profitable practice and is regaining his usual good health.

The publishers of The Northern and Cosmopolitan Osteopath had the pleasure of a call from Dr. C. W. Riches, of Willmar, Minn., who is holding high the banner of osteopathy in that bright little city.

Drs. Susan Reed Bottenfield and L. P. Bottenfield, have delivered lectures at the Northern College, Minneapolis, before the senior and sophomore classes. The students express the highest satisfaction at the quality of the lectures given.

Dr. J. S. Stamps, of the February 1902 class at Still College, now located at Seymour, Ia., reports that he is starting off with ten patients and every prospect of excellent success. He is in every way equipped for it, and will command success in any location.

We are pleased to note that the Lansing, Mich., city hospital has extended to Dr. Frederick H. Williams, one of our representative osteopaths, a place on their staff as microscopist for the ensuing year. This is a good appointment and will be worthily filled.

Dr. D. E. McAlpin, of Boone, visited Still College, March 28, accompanied by Mr. and Mrs. Meredith of that city. Dr. McAlpin's business is now running upwards of \$700 per month. He reports Dr. Claude S. Spring as getting a good start in his practice.

Drs. G. B. and M. E. Armstrong, Wichita, Kan., are moving to much nicer and more commodious rooms, but in the same building and on the same floor, 316 and 317 Winne Bldg. The Drs. Armstrong are enjoying a good practice.

Dr. J. L. Crowley, of Minneapolis, demonstrated a new treatment in the care of valvular heart trouble before the seniors at the Northern College in one of his lectures this month, and several of the class expect to practice his method after graduation.

Dr. Asa Potter Bliss, of California, has just opened fine offices in the Kahn Building, Oakland. Congratulations from the editor and publishers are for him, and the hope that osteopathy will find many and valuable friends by reason of his successful practice.

Dr. Wm. Clark and Dr. Blanche A. McCormick, who have been associated as professional partners in the practice of osteopathy at Houston, Tex., for the past year, recently entered upon a life partnership by the matrimonial line. Their office is in the Mason block. They will reside at 1110 Lamar avenue.

Still College enjoyed a very pleasant visit from Dr. Irmine Z. Gunsaul, recently of Denver and vicinity, en route to her new location at Washington, D. C. Dr. Gunsaul is one of the pioneers, being a graduate of the first class of the N. I. O., and has enjoyed great success.

"Yes," said Dr. Pickler, of Minneapolis, "urge every osteopathic physician to become a member of the American Association. Urge them to attend the national meeting to be held in Milwaukee the 7th, 8th and 9th of August

next. It will, in many respects, be the most important meeting in the history of the association."

Dr. G. L. Huntington, of St. Paul, has spent part of the last month in Beaumont, Tex.

Dr. Fred P. Millard, of Kent, Ohio, has moved to Worcester, Mass., and has formed a partnership with Dr. Chas. C. Reid, who has a growing practice in that city. The new professional firm has our best wishes. Success should come to them in greater and greater degree, for both gentlemen are well equipped physicians.

Dr. and Mrs. W. S. Maddux, who have located at Cumberland, Ia., for the practice of their profession, are enjoying the success which they have earned by strong and successful work during their college course at Still College. Dr. and Mrs. Maddux were previously college graduates and have the best foundation for good work.

Dr. Herron, of Minneapolis, is enthusiastically prosecuting his researches in preparation for finishing his book on facial massage. He has made what he and other physicians believe to be a most valuable discovery relative to the function of the vaso-motor nerves. Dr. Herron's friends assert that his discovery will add much to the practice of osteopathy.

Dr. F. M. Childs, one of the S. C. O. graduates of January '02, has located at Tabor, Ia., and writes the agreeable news that he starts off with nine patients besides some acute work. He will soon win for himself a permanent and enviable position among that people. He writes cordial expressions for the thorough preparation for success which he received at the S. C. O.

Said a leading osteopathic physician of Minneapolis to our managing editor the other day, "Osteopathy was never so energetic as today; our schools were never so full as they now are, and the public was never so hospitable to our system of healing." "Why," said he, "we have more students in our colleges this year than the homeopaths have. This fall we will advance upon our present numbers considerably."

Dr. Martin D. Young, of the January, '02, class at Still College, who located

at Loveland, Colo., has succeeded to the practice of Dr. Irmine Z. Gunsaul (N. I. O., '97) who will change the scene of her activities to the vicinity of Washington, D. C., where she will be associated with Dr. A. M. Smith, of the Patterson Institute of Osteopathy. Dr. W. A. Hinkle, of the same class with Dr. Young, has taken Dr. Gunsaul's practice at Longmont for the summer.

Dr. Fayette Cole has removed her office to the Paxton block, Omaha, in order to be more centrally located. Dr. Donahue is in the same building, and Dr. Cole writes that he has an immense business, and her own is satisfactory. Since the passage of the law regulating the practice in Nebraska, our system has made great progress, and Dr. Cole writes that it is rare to meet any one who has not heard of some conspicuous cure or relief through its aid.

Dr. E. C. Pickler, of Minneapolis, one of the most prominent osteopathic physicians in the United States, late president of The Northern College and at present associate editor of The Northern and Cosmopolitan Osteopath, has in preparation an article on the treatment of typhoid fever. The doctor will also give his views upon the use of such aids and adjuncts to osteopathy as hydrotherapy and the nourishing foods which he has proven most satisfactory. It is certain that this announcement will be welcomed by the profession.

Col. A. B. Shaw has received many congratulations from osteopaths in the field in regard to the new osteopathic law recently passed by the Iowa legislature, which places osteopathy upon a firm basis and an equal footing with the older schools of practice within the state. Drs. J. R. Bullard, of Marshalltown, a graduate of the A. S. O., and Dr. C. L. Parsons, of Eagle Grove, a graduate of the S. C. O., also rendered valuable assistance in framing and securing the passage of the new law.

Dr. Elizabeth A. Spencer, one of the honored graduates of the S. C. O., class June '01, has been elected to the chair of histology and pathology in the California College of Osteopathy at San Francisco, and has entered upon her work. Dr. Spencer was for some time after graduation in the practice at Philadelphia, which would have been her

permanent home but for her fondness for her old home in San Francisco. She is one of the best equipped, most careful and consistent graduates in the field, and is thoroughly well adapted to the duties undertaken. The success of graduates as conscientious and earnest as Dr. Spencer admits of no question. She is also engaged in the practice of her profession in Union Square Building.

Among the recent visitors to the S. C. O. were a number of graduates representing various classes, including the first and last, also several graduates of the A. S. O. now practicing in the state or adjoining states. Among the former were Drs. Janet M. Kerr, of Grinnell, Ia. (Jan. '02); Jessie Leach, of Grundy Center, Ia. (June '01); Mrs. Mary Milford Montgomery, Chariton, Ia. (June '99); A. W. Leard, Spencer, Ia. (Jan. '01); C. L. Parsons, Iowa Falls (June '00); F. H. McCall, Eagle Grove (Jan. '01), and W. A. Hinkle, Chicago (Jan. '02). Mrs. Montgomery visited while in the city with her neice, Miss Nellie Cramer, of the junior class. Among the latter were: Drs. J. R. Bullard, of Marshalltown, Ia.; G. H. Gilmour, Sheridan, Ia.; A. B. Howick, Newton, Ia., and J. T. Dodson, of Milan, Mo.

Osteopathy, its Scope and Success..

By A. STILL CRAIG, D. O., IOWA CITY, IA.

The Cosmopolitan Osteopath every month falls into the hands of hundreds of strangers to osteopathy, and we therefore print in every issue a somewhat extended outline of the principles of the science.

Osteopathy's Life Story.

For three thousand years before physiology was possible, before the blood was known to circulate or the brain to think, mankind had been schooled in the belief that in drugs was contained a mysterious power to cure all disease, and while no man of intelligence today believes in the remedies of a hundred years ago, man still believes that if he could but find the right preparation, the demon of disease that he has so long fought in vain, may be driven out. No

wonder it is so hard for him to look upon disease from the osteopathic standpoint of a derangement in the mechanism of the body.

After anatomy and physiology had assumed the role of sciences and osteopathy had become possible, it remained for Andrew Taylor Still, a man eccentric and devoid of regard for conventionalities and precedent (the stones upon which medicine had for so long rested), to throw off allegiance to the old beliefs, and to establish a real system of physiological therapeutics, and a school to promulgate his teachings. The first class to graduate regularly from this school received their diplomas in 1894, while today, but seven years afterwards, there are several thoroughly equipped colleges and some two thousand practitioners in the United States, while some are carrying the gospel of health to other countries.

Naturally the rapid spread of the system aroused the cupidity and jealousy of the medical profession, or a portion of it, and frantic efforts were made to legally forbid its practice. Temporary success was obtained in keeping the practice out of a few states, but the laws thus made have lately been repealed and osteopathic physicians are free to practice and probably are practicing in every state in the Union, while some sixteen states have laws directly recognizing the science.

All this was accomplished notwithstanding the fact that the National Medical Association decided last year to push a vigorous campaign, and the doctors attempted to obtain restrictive legislation in twenty-five states.

Osteopaths' Leading College.

Osteopathy is based largely upon human anatomy and physiology and their application to the body in health and in disease. It is a living, breathing science and may not be studied as are the cold dead lines of a geometrical diagram. It must be studied from nature from life and from disease.

Realizing these facts, Dr. S. S. Still and his associates saw that it would be necessary in order that a college should attain the highest possible development, that it should be planted in a city of sufficient proportions to afford opportunity for every student to make a thorough, detailed study of all the human

organs in the dissecting room, to be followed by abundant experience in the treatment of actual diseased conditions. They therefore erected a college building in Des Moines, near the heart of the city, where these advantages might be best obtained, and spared no expense in equipping it to the highest standard. A free course of dissection was provided and made compulsory, and a very large clinical practice secured from the unlimited supply which the city affords. As a result the Still College has enjoyed a remarkable growth which has placed it in the front rank of osteopathic colleges.

Meaning of Osteopathy.

Osteopathy (Gr. *osteon*, bone and *pathos*, suffering), or the treatment of disease through replacement of bones, has, like most common terms, far outgrown the earlier ideas of the founder, and therefore its derivation. It is now a complete system of manual therapeutics, of which skeletal adjustment is but a part, although a considerable part, because the bones form the framework for the more delicate superstructure.

Technically we may define osteopathy as the science of treating disease manually, by the adjustment of all parts and organs to their natural relation with each other, thus removing the irritations resulting from their abnormal relations and removing obstruction to the vital forces and fluids of the body, and by stimulating mechanically all organs to their proper function, or inhibiting abnormally active processes or movements of portions of the bodily organism. Hence the prominence given to the study of anatomy and physiology.

The Body Osteopathically Considered.

The Bones and Ligaments.

The bony system, a model of architectural perfection, combining throughout the greatest possible strength with the least weight, consists of, first, the skull or brain case, complete except for the foramina or openings through which pass the nerves and vessels and the spinal cord; second, the spine, flexible and elastic yet rigid enough to support the head and body, and more than that, containing a large canal in which is the important extension of the brain called the spinal cord. The

spine is made up of a large number of irregular bones, between which are the openings transmitting nearly all the nerves to the body as well as the blood which passes inward to nourish the cord. These bones, like all other joints of the body, are held together by strong inelastic bands called ligaments (*ligo*, bind) but which are loose enough to allow the varied motions of the body. These bones may become sufficiently twisted or turned upon each other to cause pressure upon the nerves or vessels which pass between them, or as a whole the spine may become bent in any direction causing the different varieties of spinal curvature, which must be cured, if cured at all, by some such mechanical method as osteopathy; third the thorax. The spine, together with the ribs and the breast bone, form the chest, a bony case, though not as complete as the skull, for the protection of the vital organs, the heart and lungs.

The ribs are attached just at the openings in the spine and a slight turn in their direction may compress the nerves and vessels passing through these openings. The ribs and breast bone may be dropped or sagged, producing the hollow chest, which predisposes to consumption, and which osteopathy can always correct if taken before actual disease has begun. Other parts of the bony system are the bones which comprise the pelvis and bones of the extremities, which act as supports and levers, all being subject to slight displacements, which are not recognized surgically, but which by irritation and pressure set up a great variety of diseases. So-called sprains of the ankle, wrist, etc., are more frequently slight dislocations of the small bones, which osteopathy may relieve in from one to three treatments, instead of their requiring weeks and months of rest usually prescribed.

Muscles.

The muscles are a group of organs which possess the remarkable property of contractility in response to nervous stimuli. On them depend all the grosser and many of the finer movements of the body and movements within the body. In health these muscles have a slight tension or normal tonicity. This may be exaggerated to a chronic contraction by the increased excitability

of a nerve or a group of nerves, and they may therefore either exert pressure themselves upon vessels and nerves and other structures or by their continuous traction upon the bones to which they are attached, may draw these out of their normal relation, bringing the hard bony substance in contact with the more sensitive structures. The muscles most prone to this chronic contraction are the short muscles which control the complex motions of the spine. These draw the ends of the ribs or other structures across the openings from which the nerves emerge from the cord. A leading feature of osteopathic treatment is the relaxation of these muscles, so affording another reason why the osteopath pays so much attention to the spine. La Grippe is noted for causing such tearing and drawing pains in every muscle of the body and the chronic muscular contractions which it leaves behind account for the great number and variety of after effects which are so notable.

Blood Vessels.

"The blood is the life" as quoted from our earliest literature and we need hardly suggest the importance of proper circulation, one of the principal aims of osteopathic work, yet the fact that the blood circulates at all was not known until three centuries ago and seemingly very little use was made of the discovery before the time of osteopathy. The circulatory system consists of the heart, the tireless blood pump, the arteries which carry the blood to the system and to the lungs, the veins which return the used-up blood to the heart, and the small capillaries that connect them. How many times do we find areas of the body starving for good blood and as a consequence diseased, and this from some simple obstruction to its blood supply, or on the other hand, congested and inflamed because the blood cannot return properly through the veins. Neither bone, ligament, muscle or any other tissue can live without it.

Osteopathy does more however than simply remove obstructions to the flow. It controls the size of the blood vessel through the vaso motor nerves, and relieves anaemia or bloodlessness of a

part by direct stimulation to that part, and just as surely relieves congestion and inflammation, by stimulating the flow from the part.

The Nervous System.

The brain, the seat of reason, sense and will, the brain, the headquarters of the nervous system, though protected by its bony case, is by no means free from external influence or disease. It receives its blood supply through openings in the skull and at these openings or at other points, the blood may be partially shut off from the brain producing anaemic headache or various forms of neurasthenia. Muscles may contract over the veins leading from the brain, causing congestion of the brain, congestive headaches, etc., or causing a blood vessel to burst and there is apoplexy. Osteopathy removes the obstruction to the circulation of the brain and of course the anaemia or congestion disappears; it removes the tendency to apoplexy so that there is less liability to another stroke, while the improved circulation gradually carries away the clot and health is restored, though slowly.

The spinal cord; the continuation of the brain down the spinal canal, only less important than the brain itself, gives origin to most of the nerves of the body. It is, on account of its more exposed position, more subject to external influences than the brain. It is like the brain, subject to anaemia and congestion, to be relieved osteopathically.

Inflammation of certain portions of the cord gives rise to locomotor ataxia, a disease which yields slowly to osteopathy but seems to be incurable otherwise. Inflammation of other areas of the cord gives rise to various forms of paralysis, more or less amenable to the treatment. There may also be pressure on the cord itself caused by dislocated vertebrae, which of course can only be relieved by mechanical treatment.

The nerves form the intricate telegraphic system of the body, carrying their impulses by means of a fluid akin to, but less known than electricity. The nerves carry every command of motion from the brain and nerve centers, and every sensation, conscious or unconscious, to these centers. Each organ in the body is controlled by nerves and

is at once diseased when its nerves are affected. These nerves pass out from the brain and cord through the openings mentioned above and we therefore see how important it is that the muscles next to the openings in the skull and those along the spine should not be contracted and so interfering with nervous impulses. Osteopathy relieves the pressure upon nerves, and if they are paralyzed stimulates them to renewed activity, or if over excited, the trained finger of the osteopath quickly quiets them.

Nerve Centers.—Not all the actions of the body are under the control of the will, for in the brain and cord are collections of nerve cells which act together and control most of the animal functions. For example there is a center at the base of the brain which by means of the sympathetic nerve, controls the calibre or size of every minute artery in the body, and consequently the amount of blood which passes through it. Now, from the derangement of this center fever may be caused, and through the control of this center which the osteopath may exert by mechanical treatment of the sympathetic nerve, and through the circulation to this center, the fever may be reduced, in some cases quickly overcome, though in others an irritating cause must be removed before the temperature can be permanently lowered.

Here are centers controlling breathing, the heart beat, coughing, and nearly every function of the body, and all subject to the control of the osteopath.

How Certain Organs are Treated.

The eyes may be reached osteopathically in several ways. They are superficial so that they may be treated directly, increasing their circulation and improving their shape, for as in the rolling of the clay marble they tend to form the perfect sphere on proper manipulation. Their circulation may also be improved by treatment of the sympathetic nerve and by means of the nervous connection through the spine. All inflammations of the eye, as conjunctivitis, iritis, and granulated lids, may be cured, while the shape of the eye may be so changed as to cure astigmatism, near-sightedness, and such affections, though the chances for a cure are much better in young people

than in old. Through the circulation even cataracts may generally be arrested in their growth and in some cases be absorbed.

The heart is directly under control of the nerves, and pressure on these nerves in the neck or at the spine, from muscular contraction or bony displacements will cause derangement which can of course only be relieved by methods akin to osteopathy. By careful observation osteopathic treatment has been proven to increase or decrease the heart rate at once, and very markedly. Functional trouble and even organic weakness has been entirely cured by this treatment.

The lungs are subject to osteopathic control not only through nervous influence, but through the stimulation and exercise that osteopathy gives them, enabling them not only to regain their tone but to throw off the results of inflammation and disease and foreign substances as well.

Asthma is generally wholly due to nervous spasm of the bronchial tubes and in the majority of cases is cured or greatly benefited. Tuberculosis in the earlier stages may be cured by the treatment with the aid of plenty of outdoor air, as the dead products of disease are thrown off, and the deadly germ combatted by healthy blood, the only reliable germicide. Likewise the inflammation of pneumonia is checked and the fever controlled, and an early recovery brought about.

The liver may be treated through the nerves and by direct stimulation, causing bile to be thrown into the intestine and one form of constipation to be cured. The bile thus being thrown into the intestines instead of into the blood, jaundice is cured. As an illustration of the influence of treatment on the nerves tendant upon the passage of gall stones through the bile ducts are in a measure controlled by pressure at the spine, though the severe cutting of some of them renders control impossible. Gall stones are aided in their passage outward, however, and new ones prevented from forming in many cases by the bettered condition of the bile.

The digestive canal. In no class of diseases is osteopathy more successful than in diseases of the stomach and bowels. These organs are reached by both direct treatment and treatment

through the nerves. Gastralgia, as is the case with most other neuralgias may generally be relieved at once by a quieting pressure upon the nerves, and diarrhoea may in the majority of cases be checked immediately by the same means. Dyspepsia, gastritis, colic, appendicitis and other affections of the digestive tract may be cured by removing the irritation of the nerves to the organs, and stimulating them to renewed activity.

The female organs of reproduction are among the most delicate and complex in function and are therefore abundantly supplied with nerves. Their derangement, on account of their intimate connection with the sympathetic nervous system, may affect every other organ in the body unfavorably. The organs are held in place by ligaments, but as it is necessary at times for these to be stretched to several times their normal length, they are not so substantial or unyielding as other ligaments. On accounts of their great blood supply these parts are very liable to congestion and inflammation causing dysmenorrhea and other ills, and on account of the yielding character of the ligaments, to become prolapsed, which of course increases the congestion. It is the province of osteopathy to relieve this congestion and inflammation and by doing so to give tone and strength to the ligaments, so that when the organs are replaced there may be something to hold them in place. With these troubles osteopathy has proven very successful. Osteopathy is the woman's friend.

Resume.

Osteopathic methods are natural to the body, as opposed to the introduction of foreign and injurious substances.

They are entirely material and physical, as opposed to the spiritualistic and faith cures, depending on occult powers.

They are applicable to nearly every diseased condition, though we have been able to illustrate with only a few.

Osteopathic physicians recognize surgery as a science, but would in most cases prevent its necessity rather than practice it. Asepsis and anti-sepsis as well as antidotes for poisons are of course recognized and used in indi-

cated conditions.

Osteopathy is successful because it is reasonable and effective and the most refined and educated people are its champions. If properly applied it is not too severe for the weakest or most sensitive, and yet it is forceful enough for the most rugged.

It is cheapest because it does the work and prevents a dribbling expense for years, or a costly and dangerous operation. It has come to stay.

Dr. W. A. Crawford, a graduate of the N. I. O.; Dr. A. P. Kidwell, a graduate of the S. C. O., and Dr. F. C. Lincoln, a graduate of the A. S. O., who have been practicing in the Mooney Building, Buffalo, N. Y., write that they have joined forces and have secured a very elegant suite of rooms on the second floor of that great office building, opening on the Grant court. They will occupy 20x70 feet, fitted up by reception rooms, offices, bathroom, library, laboratory, and six treating rooms, making one of the most elegantly equipped establishments of the kind anywhere in existence. The best part of this new departure is that it is not being done on prospects, but on the strength of their present very large and growing practice. We congratulate this Pan-American firm of the Pan-American city.

Dr. J. H. Watson, who has been in the practice at Newton, Ia., since his graduation at the S. C. O., recently decided that he would like to live in the distant state of Oregon. He therefore embarked for that country recently, and we have a pleasant letter from him announcing his location at Elgin, Ore., where he starts off with fifteen patients and every indication of a growing, prosperous business. On arrival he thought he was going to have an opportunity to succeed to the practice of a graduate osteopath in that state who was suffering from heart trouble, and who believed he would be obliged to seek a lower level. Dr. Watson visited him, and on examination found a twisted rib which was responsible for the irregular heart action, and which when reduced to its normal position gave almost instant relief, so that the physician will not have to leave his desirable location. So much for the visit of a friendly practitioner.

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